What is claimed is:

1. A method of detecting a plate-shaped or sheet-shaped body with an optical sensor including a light emitting section and a light receiving section opposed to each other at a predetermined interval, comprising the steps of:

arranging a first optical sensor in parallel with one face of the body;

arranging a second optical sensor in parallel with the other face of the body and in parallel with the first optical sensor;

turning on a first light emitting section of the first optical sensor and a second light emitting section of the second optical sensor alternately;

monitoring a first fluctuation of a detection level detected by a first light receiving section of the first optical sensor and a second fluctuation of a detection level detected by a second light receiving section of the second optical sensor; and

recognizing the body when one of the first and second fluctuations exceeds a predetermined value.

2. A detector for a plate-shaped or sheet-shaped body comprising:

a first optical sensor including a first light emitting section and a first light receiving section opposed to each other at a first interval, said first optical sensor arranged

in parallel with one face of the body and;

a second optical sensor including a second light emitting section and a second light receiving section opposed to each other at a second interval, said second optical sensor arranged in parallel with the other face of the body and in parallel with said first optical sensor;

a first comparative circuit for comparing a first output level from the first light receiving section with a first judgment reference value and for outputting a first detection signal when the first output level is lower than the first judgment reference value;

a second comparative circuit for comparing a second output level from the second light receiving section with a second judgment reference value and for outputting a second detection signal when the second output level is lower than the second judgment reference value;

a control section for alternately outputting a first drive signal to the first light emitting section and a second drive signal to the second light emitting section so that the first and second light emitting sections are alternately turned on and off, and for outputting a control signal when said control section receives one of the first and second detection signals.